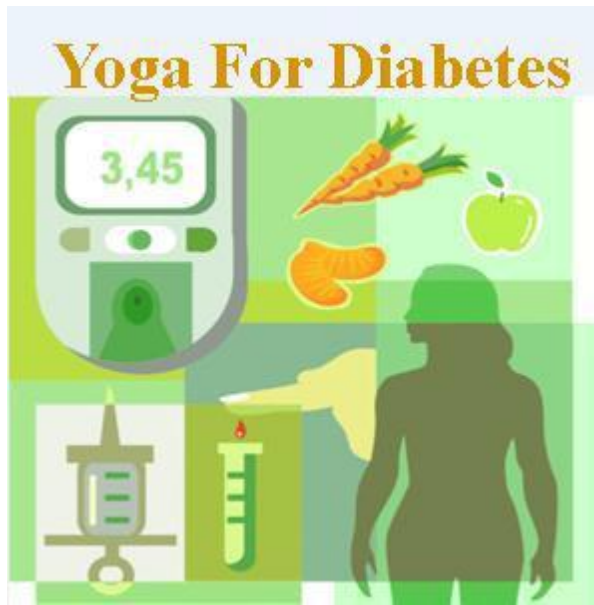




Classes are filling fast.

To secure your spot, please call:

Kanchan Raste

Director

99 Prairie Dunes Pl.

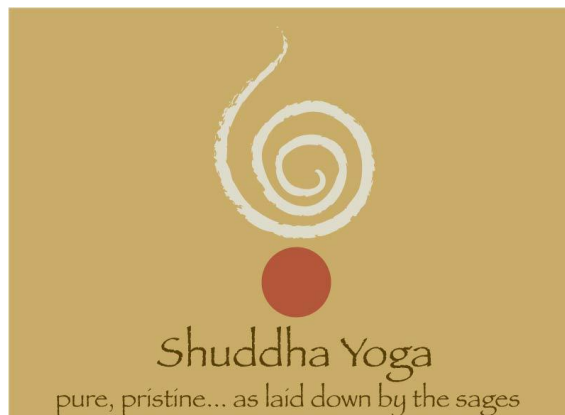
Vaughan

ON L4K2E4

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www.shuddhayoga.com



“Yoga for Diabetes”

Control Your Diabetes Symptoms with the help of Yoga

How does yoga help in curbing diabetes symptoms?

Some of the ways in which yoga helps manage diabetes symptoms are –

- Yoga improves insulin action.
- Yoga causes increased glucose uptake by muscles thereby reducing blood sugar.
- Blood pressure plays a great role in development of diabetic and related complications, which is proven to be benefited by yoga. The same holds true for increased cholesterol levels.
- Many yogic postures massage the internal organs including the pancreas, which is likely to stimulate the pancreatic function.

Event Details

- “Yoga for Diabetes” is a 4 week yoga therapy program specifically designed for people suffering from Type 2 Diabetes.
- It will help you manage your diabetes symptoms with the help of yog-asanas, meditation, breathing exercises and relaxation exercises.
- You will be taught tools and techniques that you could incorporate in your day to day life to curb the symptoms of this ailments.
- Sessions on nutritional consulting and detox therapy consulting included in the program.
- The program is designed for everyone who would like to manage their diabetes symptoms with the help of yoga therapy.

“Medical research shows that Yoga therapy is among the most effective complementary therapies for several ailments.”

Yoga Biomedical Trust (England) Robin Monro, Ph.D.

Please read testimonials at the back.

Testimonials

Julian Goldstein was a diabetic man who suffered with the disease for over 28 years. He injured his back and was told that he needed surgery. He heard that yoga could help his back pain so he learned hatha yoga. "Of far greater benefit, I soon learned was that performing the yoga postures daily for five months eliminated my need to take insulin or any other anti-diabetic medication! I had required 75 units of insulin daily. Insulin kept me alive but not healthy."

Here is the response my doctor had to the results of my method of yoga4diabetes™ after just three months: "I agree with you on your diabetes control; the HGA1C is well below target at 6.5 so keep doing what you're doing. It is really a tremendous achievement to go from 7.7 to 6.5 in such a short period without medication."-Bradley K

I have recovered from a high glucose to a normal , by practicing the yoga every day for 6 months , i would recommend everyone to do this by spending time for your health instead of depending on medicines , thanks a million – Sandy R.

After 3 days practice my eye problem due to high blood sugar is gone and i feel younger. – Anna H.

I saw a difference in my bloodsugar levels in 21 days. – David S.